

# Lumpkin County Senior Center

Bring Water & Wear  
Comfortable shoes



## FITNESS CLASSES\*

\*Classes may be subject to a fee.

See Fee Schedule or ask any staff member for more information.

DAY	TIME	CLASS	INSTRUCTOR
Monday	9:30am – 10:15am	SilverSneakers Classic	Angie Elmore or John Palmer Paula Walker
	9:45am – 10:15am	Chair Exercise (downstairs)	
Tuesday	9:30am – 10:15am	SilverSneakers Classic	John Palmer or Joan Souders Paula Walker Paula Bingham
	9:30am – 10:15am	Chair Exercise (downstairs)	
	4:00pm - 5:00pm	Yoga Flow (\$5/class)	
Wednesday	9:30am – 10:15am	Chair Exercise (downstairs)	Paula Walker
	10:00am – 11:00am	Tai Chi for Health (\$3/class)	Angie Elmore
	4:00pm – 5:00pm	Tai Chi for Health (\$3/class)	Angie Elmore
Thursday	9:30am – 10:30am	SilverSneakers CARDIO	Joan Souders
	9:30am – 10:15am	Chair Exercise (downstairs)	Paula Walker
	4:00pm - 5:00pm	Yoga Flow (\$5/class)	Paula Bingham
Friday	9:30am – 10:15am	SilverSneakers Classic	Angie Elmore or John Palmer Paula Walker
	9:30am – 10:15am	Chair Exercise (downstairs)	